

BLOCK 1: 5-WEEK CLIMB PHASE

IMPORTANT NOTE: BLOCK 1 STARTS WITH AN INTRO/DELOAD WEEK BEFORE INCREASING THE VOLUME/INTENSITY FOR THE REMAINING 4 WEEKS

WEEK 1	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #1	Wide-Grip Pull-Up	N/A	2-3	2	8-10					~7	~9	~2-3 min	Wide-Grip Machine Pulldown	Wide-Grip Lat Pulldown	1.5x shoulder width overhand grip. Slow 2-3 second negative. Feel your lats pulling apart on the way down. Slight 0.5-1 second pause at the bottom, then lift your chest up and drive your elbows down as you lift yourself up. Don't be afraid to use assistance. Add weight if needed. Keep the form tight and controlled!
	Flat Machine Chest Press	N/A	2-3	2	8-10					~7	~9	~3-5 min	Flat DB Bench Press	Barbell Bench Press	1 second pause on the chest while maintaining tension on the chest.
	Glute-Ham Raise	N/A	1-2	2	10-12					~7	~9	~2-3 min	Single-Leg DB Hip Thrust	DB RDL	Cut out the top ~25% of the ROM, where there will be minimal tension on the hamstrings. Squeeze your hamstrings to pull yourself up!
	Leg Extension	N/A	1-2	2	10-12					~7-8	~9	~1-2 min	Reverse Nordic	Sissy Squat	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative.
	Meadows Incline DB Lateral Raise	N/A	1	3	10-12					~7-8	~9	~1-2 min	Cuffed Behind-The-Back Lateral Raise	DB Lateral Raise	Lie down on your side on a ~30° bench. Start with the DB in front of you, raise the DB to parallel to the floor and lower the DB behind you, feeling a deep stretch in your delts, then reverse this motion (2 reps have now been completed). No pausing between reps.
	Standing Calf Raise	N/A	1	3	15-20					~7-8	~9	~1-2 min	Leg Press Calf Press	Seated Calf Raise	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.

WEEK 1	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #2	<u>Seated Leg Curl</u>	N/A	1-2	2	8-10					~7-8	~9	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings.
	<u>Bottom-Half Smith Machine Squat</u>	N/A	2-4	2	6-8					~7	~8	~3-5 min	<u>Bottom-Half DB Bulgarian Split Squat</u>	<u>High-Bar Back Squat</u>	All reps and sets are to be performed in the bottom half of the ROM. Once you are under the bar, set up your feet as you would a normal squat and then bring them forward ~3-6 inches. This will cause you to lean back into the bar slightly, allowing for a more upright squat, while also placing more tension on the quads. If your heels are raising at the bottom, you may need to bring your feet more forward. If your feet feel like they are slipping or your lower back is rounding at the bottom, try bringing your feet back a bit.
	<u>Chest-Supported Machine Row</u>	N/A	2	2	8-10					~7	~9	~2-3 min	<u>Chest-Supported T-Bar Row</u>	<u>Chest-Supported Incline DB Row</u>	Set the chest pad up so you get a deep stretch on each rep.
	<u>Bottom-Half Seated Cable Flye</u>	N/A	2	2	8-10					~7-8	~9	~2-3 min	<u>Bottom-Half DB Flye</u>	<u>Bottom-Half Pec Deck</u>	All reps and sets are to be performed in the bottom half of the ROM. Focus on feeling a deep stretch in your pecs at the bottom of each rep.
	<u>Machine Hip Abduction</u>	N/A	1-2	2	12-15					~7-8	~9	~1-2 min	<u>Cable Hip Abduction</u>	<u>Lateral Band Walk</u>	If possible, use pads to increase the range of motion on the machine. Lean forward and grab onto the machine rails to stretch the glutes further.
	<u>Overhead Cable Triceps Extension (Bar)</u>	N/A	1	2	12-15					~7-8	~9	~1-2 min	<u>Overhead Cable Triceps Extension (Rope)</u>	<u>DB Skull Crusher</u>	Feel a nasty stretch on the triceps throughout the entire negative. Pause for 1 second in the stretch part of each rep.
REST DAY															

WEEK 1	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #3	<u>Smith Machine Deficit Row</u>	N/A	2-3	2	8-10					~7	~9	~3-4 min	<u>Pendlay Deficit Row</u>	<u>Helms Row</u>	Focus on getting a big stretch and touch your stomach/chest on each rep!
	<u>Bottom-Half Low Incline DB Press</u>	N/A	2-3	2	10-12					~7	~9	~2-3 min	<u>Bottom-Half Low Incline Smith Machine Press</u>	<u>Bottom-Half Low Incline Barbell Press</u>	All reps and sets are to be performed in the bottom half of the ROM. Set the bench at a ~15° incline. 1 second pause on the chest on each rep while maintaining tension on the pecs.
	<u>Smith Machine Reverse Lunge</u>	N/A	2-3	2 per leg	10-12					~7	~9	~2-3 min	<u>DB Reverse Lunge</u>	<u>DB Walking Lunge</u>	Minimize contribution from the back leg. Mind-muscle connection with your glutes here!
	<u>High-Cable Cuffed Lateral Raise</u>	N/A	1	3	12-15					~7-8	~9	~1-2 min	<u>High-Cable Lateral Raise</u>	<u>DB Lateral Raise</u>	Focus on squeezing your lateral delt to move the weight.
	<u>Bottom-Half Standing Calf Raise</u>	N/A	1	3	10-12					~7-8	~9	~1-2 min	<u>Seated Calf Raise</u>	<u>Donkey Calf Raise</u>	All reps and sets are to be performed in the bottom half of the ROM. 1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
	<u>Bottom-Half EZ-Bar Preacher Curl</u>	N/A	1-2	3	12-15					~7-8	~9	~1-2 min	<u>Bottom-Half DB Preacher Curl</u>	<u>Bottom-Half Machine Preacher Curl</u>	All reps and sets are to be performed in the bottom half of the ROM. Keep your triceps firmly pinned against the pad as you curl. No pausing at the top or bottom: constant tension on the biceps!

WEEK 1	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #4	Barbell RDL	N/A	2-3	2	8-10					~5	~5-6	~3-5 min	DB RDL	Deadlift	The RPE is intentionally low here because these will cause a lot of muscle damage. Don't be tempted to go too heavy. To keep tension on the hamstrings, stop about 75% of the way to full lockout on each rep (i.e. stay in the bottom 3/4 of the range of motion).
	Super-ROM Leg Press	N/A	2-4	2	8-10					~7	~8	~3-5 min	Single-Leg Leg Press	High-Bar Back Squat	Feet lower on the platform for more quad focus. Get as deep as you can without excessive back rounding. Control the negative and do a slight pause at the bottom of each rep.
	Neutral-Grip Lat Pulldown	Integrated Partials (All Sets)	2	2	8-10					~7	~9	~2-3 min	Neutral-Grip Pullup	Cross-Body Lat Pull-Around	Do these pulldowns with the handle more out in front of you, more like a cross between pullover and a pulldown. Focus on feeling your lats working more than the weight you're using. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/top half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps (partial reps count towards the rep count).
	Machine Shoulder Press	N/A	2-3	2	10-12					~7	~9	~2-3 min	Seated Smith Machine Shoulder Press	Seated DB Shoulder Press	Keep tension on the shoulders at the bottom.
	Machine Hip Adduction	N/A	1-2	2	12-15					~7-8	~9	~1-2 min	Cable Hip Adduction	Copenhagen Hip Adduction	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	Super-Stretch Reverse Pec Deck	N/A	1	2	12-15					~7-8	~9	~1-2 min	Bent-Over Reverse DB Flye	Cable Reverse Flye	Face side on to the machine and pull your arm across your body to pre-stretch your rear delt. Do reverse flyes 1 arm at a time. Start with your weaker arm.

WEEK 1	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS	Weak Point Exercise 1 (optional)	N/A	1-3	2	8-12					~7-8	~9	~1-3 min			Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	2	8-12					~7-8	~9	~1-3 min			If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>EZ-Bar Cable Curl</u>	N/A	1	2	10-12					~7-8	~9	~1-2 min	<u>EZ-Bar Curl</u>	<u>DB Curl</u>	Set up the cable at the lowest position. Maintain constant tension on the biceps. Slow, controlled reps!
	<u>EZ-Bar Skull Crusher</u>	N/A	1	2	10-12					~7-8	~9	~1-2 min	<u>DB Skull Crusher</u>	<u>Overhead Cable Triceps Extension (Rope)</u>	Feel a nasty stretch on the triceps throughout the entire negative. Pause for 1 second in the stretch part of each rep.
	<u>Bottom-Half Incline DB Curl</u>	N/A	1	2	12-15					~7-8	~9	~1-2 min	<u>Bottom-Half Bayesian Cable Curl</u>	<u>Incline DB Stretch-Curl</u>	All reps and sets are to be performed in the bottom half of the ROM. Keep your upper back planted against the bench. Go light on these and focus on feeling your biceps pull and squeeze.
	<u>Triceps Pressdown (Bar)</u>	N/A	1	2	12-15					~7-8	~9	~1-2 min	<u>Triceps Pressdown (Rope)</u>	<u>DB Triceps Kickback</u>	Focus on squeezing your triceps to move the weight
	<u>Roman Chair Leg Raise</u>	N/A	1	3	10-20					~7-8	~9	~1-2 min	<u>Machine Crunch</u>	<u>Cable Crunch</u>	Allow your lower back to round as you curl your legs up. 10-20 reps is a broad range on purpose: just go until you hit RPE 9-10 (0-1 reps shy of failure) with controlled form.
REST DAY															

WEEK 2	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #1	Wide-Grip Pull-Up	Lengthened Partials (Extend Set)	2-3	3	8-10					~8-9	~9-10	~2-3 min	Wide-Grip Machine Pulldown	Wide-Grip Lat Pulldown	1.5x shoulder width overhand grip. Slow 2-3 second negative. Feel your lats pulling apart on the way down. Slight 0.5-1 second pause at the bottom, then lift your chest up and drive your elbows down as you lift yourself up. Don't be afraid to use assistance. Add weight if needed. Keep the form tight and controlled! Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	Flat Machine Chest Press	Lengthened Partials (Extend Set)	2-3	3	8-10					~8-9	~9-10	~3-5 min	Flat DB Bench Press	Barbell Bench Press	1 second pause on the chest while maintaining tension on the chest. Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	Glute-Ham Raise	N/A	1-2	3	10-12					~7-8	~8-9	~2-3 min	Single-Leg DB Hip Thrust	DB RDL	Cut out the top ~25% of the ROM, where there will be minimal tension on the hamstrings. Squeeze your hamstrings to pull yourself up!
	Leg Extension	Lengthened Partials (Extend Set)	1-2	3	10-12					~9	10	~1-2 min	Reverse Nordic	Sissy Squat	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	Meadows Incline DB Lateral Raise	Failure	1	3	10-12					~9	10	~1-2 min	Cuffed Behind-The-Back Lateral Raise	DB Lateral Raise	Lie down on your side on a ~30° bench. Start with the DB in front of you, raise the DB to parallel to the floor and lower the DB behind you, feeling a deep stretch in your delts, then reverse this motion (2 reps have now been completed). No pausing between reps.
	Standing Calf Raise	Weighted Static Hold (30 sec hold in the stretch)	1	3	15-20					~9	10	~1-2 min	Leg Press Calf Press	Seated Calf Raise	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet. For the weighted static hold, after the final rep of the final set, rather than reracking the weight immediately, pause at the very bottom of the ROM (with full tension still on the calves) and maintain this hold for 30 seconds.

WEEK 2	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #2	<u>Seated Leg Curl</u>	Lengthened Partials (Extend Set)	1-2	3	8-10					~8-9	10	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings. Once you hit failure on the final set, continue with lengthened partials in the top half of the ROM, until you can no longer achieve a full half rep.
	<u>Bottom-Half Smith Machine Squat</u>	N/A	2-4	3	6-8					~7-8	~8-9	~3-5 min	<u>Bottom-Half DB Bulgarian Split Squat</u>	<u>High-Bar Back Squat</u>	All reps and sets are to be performed in the bottom half of the ROM. Once you are under the bar, set up your feet as you would a normal squat and then bring them forward ~3-6 inches. This will cause you to lean back into the bar slightly, allowing for a more upright squat, while also placing more tension on the quads. If your heels are raising at the bottom, you may need to bring your feet more forward. If your feet feel like they are slipping or your lower back is rounding at the bottom, try bringing your feet back a bit.
	<u>Chest-Supported Machine Row</u>	Lengthened Partials (Extend Set)	2	3	8-10					~8-9	~9-10	~2-3 min	<u>Chest-Supported T-Bar Row</u>	<u>Chest-Supported Incline DB Row</u>	Set the chest pad up so you get a deep stretch on each rep. Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Bottom-Half Seated Cable Flye</u>	Failure	2	2	8-10					~8-9	10	~2-3 min	<u>Bottom-Half DB Flye</u>	<u>Bottom-Half Pec Deck</u>	All reps and sets are to be performed in the bottom half of the ROM. Focus on feeling a deep stretch in your pecs at the bottom of each rep.
	<u>Machine Hip Abduction</u>	Failure	1-2	3	12-15					~9	10	~1-2 min	<u>Cable Hip Abduction</u>	<u>Lateral Band Walk</u>	If possible, use pads to increase the range of motion on the machine. Lean forward and grab onto the machine rails to stretch the glutes further.
	<u>Overhead Cable Triceps Extension (Bar)</u>	Dropset	1	2	12-15					~8-9	10	~1-2 min	<u>Overhead Cable Triceps Extension (Rope)</u>	<u>DB Skull Crusher</u>	Feel a nasty stretch on the triceps throughout the entire negative. Pause for 1 second in the stretch part of each rep. Immediately after the final set, drop the weight by ~25% and go to failure again.
REST DAY															

WEEK 2	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #3	<u>Smith Machine Deficit Row</u>	Lengthened Partials (Extend Set)	2-3	3	8-10					~8-9	~9-10	~3-4 min	<u>Pendlay Deficit Row</u>	<u>Helms Row</u>	Focus on getting a big stretch and touch your stomach/chest on each rep! Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Bottom-Half Low Incline DB Press</u>	N/A	2-3	3	10-12					~8-9	~9-10	~2-3 min	<u>Bottom-Half Low Incline Smith Machine Press</u>	<u>Bottom-Half Low Incline Barbell Press</u>	All reps and sets are to be performed in the bottom half of the ROM. Set the bench at a ~15° incline. 1 second pause on the chest on each rep while maintaining tension on the pecs.
	<u>Smith Machine Reverse Lunge</u>	Quad Static Stretch (30 sec)	2-3	2 per leg	10-12					~8-9	~9-10	~2-3 min	<u>DB Reverse Lunge</u>	<u>DB Walking Lunge</u>	Minimize contribution from the back leg. Mind-muscle connection with your glutes here! After the final set for each leg, perform a quad static stretch for that leg for 30 seconds.
	<u>High-Cable Cuffed Lateral Raise</u>	Lengthened Partials (Extend Set)	1	3	12-15					~9	10	~1-2 min	<u>High-Cable Lateral Raise</u>	<u>DB Lateral Raise</u>	Focus on squeezing your lateral delt to move the weight. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	<u>Bottom-Half Standing Calf Raise</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Seated Calf Raise</u>	<u>Donkey Calf Raise</u>	All reps and sets are to be performed in the bottom half of the ROM. 1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
	<u>Bottom-Half EZ-Bar Preacher Curl</u>	Failure	1	3	12-15					~9	10	~1-2 min	<u>Bottom-Half DB Preacher Curl</u>	<u>Bottom-Half Machine Preacher Curl</u>	All reps and sets are to be performed in the bottom half of the ROM. Keep your triceps firmly pinned against the pad as you curl. No pausing at the top or bottom: constant tension on the biceps!

WEEK 2	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #4	Barbell RDL	N/A	2-3	3	8-10					~6	~6-7	~3-5 min	DB RDL	Deadlift	The RPE is intentionally low here because these will cause a lot of muscle damage. Don't be tempted to go too heavy. To keep tension on the hamstrings, stop about 75% of the way to full lockout on each rep (i.e. stay in the bottom 3/4 of the range of motion).
	Super-ROM Leg Press	N/A	2-4	3	8-10					~7-8	~8-9	~3-5 min	Single-Leg Leg Press	High-Bar Back Squat	Feet lower on the platform for more quad focus. Get as deep as you can without excessive back rounding. Control the negative and do a slight pause at the bottom of each rep.
	Neutral-Grip Lat Pulldown	Integrated Partials (All Sets)	2	3	8-10					~8-9	~9-10	~2-3 min	Neutral-Grip Pullup	Cross-Body Lat Pull-Around	Do these pulldowns with the handle more out in front of you, more like a cross between pullover and a pulldown. Focus on feeling your lats working more than the weight you're using. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/top half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps (partial reps count towards the rep count).
	Machine Shoulder Press	N/A	2-3	3	10-12					~8-9	~9-10	~2-3 min	Seated Smith Machine Shoulder Press	Seated DB Shoulder Press	Keep tension on the shoulders at the bottom.
	Machine Hip Adduction	Failure	1-2	3	12-15					~9	10	~1-2 min	Cable Hip Adduction	Copenhagen Hip Adduction	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	Super-Stretch Reverse Pec Deck	Failure	1	3	12-15					~9	10	~1-2 min	Bent-Over Reverse DB Flye	Cable Reverse Flye	Face side on to the machine and pull your arm across your body to pre-stretch your rear delt. Do reverse flyes 1 arm at a time. Start with your weaker arm.

WEEK 2	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS	Weak Point Exercise 1 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>EZ-Bar Cable Curl</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>EZ-Bar Curl</u>	<u>DB Curl</u>	Set up the cable at the lowest position. Maintain constant tension on the biceps. Slow, controlled reps!
	<u>EZ-Bar Skull Crusher</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>DB Skull Crusher</u>	<u>Overhead Cable Triceps Extension (Rope)</u>	Feel a nasty stretch on the triceps throughout the entire negative. Pause for 1 second in the stretch part of each rep.
	<u>Bottom-Half Incline DB Curl</u>	Failure	1	2	12-15					~9	10	~1-2 min	<u>Bottom-Half Bayesian Cable Curl</u>	<u>Incline DB Stretch-Curl</u>	All reps and sets are to be performed in the bottom half of the ROM. Keep your upper back planted against the bench. Go light on these and focus on feeling your biceps pull and squeeze.
	<u>Triceps Pressdown (Bar)</u>	Failure	1	2	12-15					~9	10	~1-2 min	<u>Triceps Pressdown (Rope)</u>	<u>DB Triceps Kickback</u>	Focus on squeezing your triceps to move the weight
	<u>Roman Chair Leg Raise</u>	N/A	1	3	10-20					~9	~9-10	~1-2 min	<u>Machine Crunch</u>	<u>Cable Crunch</u>	Allow your lower back to round as you curl your legs up. 10-20 reps is a broad range on purpose: just go until you hit RPE 9-10 (0-1 reps shy of failure) with controlled form.

REST DAY

WEEK 3	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #1	Wide-Grip Pull-Up	Lengthened Partials (Extend Set)	2-3	3	8-10					~8-9	~9-10	~2-3 min	Wide-Grip Machine Pulldown	Wide-Grip Lat Pulldown	1.5x shoulder width overhand grip. Slow 2-3 second negative. Feel your lats pulling apart on the way down. Slight 0.5-1 second pause at the bottom, then lift your chest up and drive your elbows down as you lift yourself up. Don't be afraid to use assistance. Add weight if needed. Keep the form tight and controlled! Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	Flat Machine Chest Press	Lengthened Partials (Extend Set)	2-3	3	8-10					~8-9	~9-10	~3-5 min	Flat DB Bench Press	Barbell Bench Press	1 second pause on the chest while maintaining tension on the chest. Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	Glute-Ham Raise	N/A	1-2	3	10-12					~7-8	~8-9	~2-3 min	Single-Leg DB Hip Thrust	DB RDL	Cut out the top ~25% of the ROM, where there will be minimal tension on the hamstrings. Squeeze your hamstrings to pull yourself up!
	Leg Extension	Lengthened Partials (Extend Set)	1-2	3	10-12					~9	10	~1-2 min	Reverse Nordic	Sissy Squat	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	Meadows Incline DB Lateral Raise	Failure	1	3	10-12					~9	10	~1-2 min	Cuffed Behind-The-Back Lateral Raise	DB Lateral Raise	Lie down on your side on a ~30° bench. Start with the DB in front of you, raise the DB to parallel to the floor and lower the DB behind you, feeling a deep stretch in your delts, then reverse this motion (2 reps have now been completed). No pausing between reps.
	Standing Calf Raise	Weighted Static Hold (30 sec hold in the stretch)	1	3	15-20					~9	10	~1-2 min	Leg Press Calf Press	Seated Calf Raise	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet. For the weighted static hold, after the final rep of the final set, rather than reracking the weight immediately, pause at the very bottom of the ROM (with full tension still on the calves) and maintain this hold for 30 seconds.

WEEK 3	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #2	<u>Seated Leg Curl</u>	Lengthened Partials (Extend Set)	1-2	3	8-10					~8-9	10	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings. Once you hit failure on the final set, continue with lengthened partials in the top half of the ROM, until you can no longer achieve a full half rep.
	<u>Bottom-Half Smith Machine Squat</u>	N/A	2-4	3	6-8					~7-8	~8-9	~3-5 min	<u>Bottom-Half DB Bulgarian Split Squat</u>	<u>High-Bar Back Squat</u>	All reps and sets are to be performed in the bottom half of the ROM. Once you are under the bar, set up your feet as you would a normal squat and then bring them forward ~3-6 inches. This will cause you to lean back into the bar slightly, allowing for a more upright squat, while also placing more tension on the quads. If your heels are raising at the bottom, you may need to bring your feet more forward. If your feet feel like they are slipping or your lower back is rounding at the bottom, try bringing your feet back a bit.
	<u>Chest-Supported Machine Row</u>	Lengthened Partials (Extend Set)	2	3	8-10					~8-9	~9-10	~2-3 min	<u>Chest-Supported T-Bar Row</u>	<u>Chest-Supported Incline DB Row</u>	Set the chest pad up so you get a deep stretch on each rep. Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Bottom-Half Seated Cable Flye</u>	Failure	2	2	8-10					~8-9	10	~2-3 min	<u>Bottom-Half DB Flye</u>	<u>Bottom-Half Pec Deck</u>	All reps and sets are to be performed in the bottom half of the ROM. Focus on feeling a deep stretch in your pecs at the bottom of each rep.
	<u>Machine Hip Abduction</u>	Failure	1-2	3	12-15					~9	10	~1-2 min	<u>Cable Hip Abduction</u>	<u>Lateral Band Walk</u>	If possible, use pads to increase the range of motion on the machine. Lean forward and grab onto the machine rails to stretch the glutes further.
	<u>Overhead Cable Triceps Extension (Bar)</u>	Dropset	1	2	12-15					~8-9	10	~1-2 min	<u>Overhead Cable Triceps Extension (Rope)</u>	<u>DB Skull Crusher</u>	Feel a nasty stretch on the triceps throughout the entire negative. Pause for 1 second in the stretch part of each rep. Immediately after the final set, drop the weight by ~25% and go to failure again.
REST DAY															

WEEK 3	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #3	<u>Smith Machine Deficit Row</u>	Lengthened Partials (Extend Set)	2-3	3	8-10					~8-9	~9-10	~3-4 min	<u>Pendlay Deficit Row</u>	<u>Helms Row</u>	Focus on getting a big stretch and touch your stomach/chest on each rep! Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Bottom-Half Low Incline DB Press</u>	N/A	2-3	3	10-12					~8-9	~9-10	~2-3 min	<u>Bottom-Half Low Incline Smith Machine Press</u>	<u>Bottom-Half Low Incline Barbell Press</u>	All reps and sets are to be performed in the bottom half of the ROM. Set the bench at a ~15° incline. 1 second pause on the chest on each rep while maintaining tension on the pecs.
	<u>Smith Machine Reverse Lunge</u>	Quad Static Stretch (30 sec)	2-3	2 per leg	10-12					~8-9	~9-10	~2-3 min	<u>DB Reverse Lunge</u>	<u>DB Walking Lunge</u>	Minimize contribution from the back leg. Mind-muscle connection with your glutes here! After the final set for each leg, perform a quad static stretch for that leg for 30 seconds.
	<u>High-Cable Cuffed Lateral Raise</u>	Lengthened Partials (Extend Set)	1	3	12-15					~9	10	~1-2 min	<u>High-Cable Lateral Raise</u>	<u>DB Lateral Raise</u>	Focus on squeezing your lateral delt to move the weight. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	<u>Bottom-Half Standing Calf Raise</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Seated Calf Raise</u>	<u>Donkey Calf Raise</u>	All reps and sets are to be performed in the bottom half of the ROM. 1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
	<u>Bottom-Half EZ-Bar Preacher Curl</u>	Failure	1	3	12-15					~9	10	~1-2 min	<u>Bottom-Half DB Preacher Curl</u>	<u>Bottom-Half Machine Preacher Curl</u>	All reps and sets are to be performed in the bottom half of the ROM. Keep your triceps firmly pinned against the pad as you curl. No pausing at the top or bottom: constant tension on the biceps!

WEEK 3	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #4	Barbell RDL	N/A	2-3	3	8-10					~6	~6-7	~3-5 min	DB RDL	Deadlift	The RPE is intentionally low here because these will cause a lot of muscle damage. Don't be tempted to go too heavy. To keep tension on the hamstrings, stop about 75% of the way to full lockout on each rep (i.e. stay in the bottom 3/4 of the range of motion).
	Super-ROM Leg Press	N/A	2-4	3	8-10					~7-8	~8-9	~3-5 min	Single-Leg Leg Press	High-Bar Back Squat	Feet lower on the platform for more quad focus. Get as deep as you can without excessive back rounding. Control the negative and do a slight pause at the bottom of each rep.
	Neutral-Grip Lat Pulldown	Integrated Partials (All Sets)	2	3	8-10					~8-9	~9-10	~2-3 min	Neutral-Grip Pullup	Cross-Body Lat Pull-Around	Do these pulldowns with the handle more out in front of you, more like a cross between pullover and a pulldown. Focus on feeling your lats working more than the weight you're using. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/top half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps (partial reps count towards the rep count).
	Machine Shoulder Press	N/A	2-3	3	10-12					~8-9	~9-10	~2-3 min	Seated Smith Machine Shoulder Press	Seated DB Shoulder Press	Keep tension on the shoulders at the bottom.
	Machine Hip Adduction	Failure	1-2	3	12-15					~9	10	~1-2 min	Cable Hip Adduction	Copenhagen Hip Adduction	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	Super-Stretch Reverse Pec Deck	Failure	1	3	12-15					~9	10	~1-2 min	Bent-Over Reverse DB Flye	Cable Reverse Flye	Face side on to the machine and pull your arm across your body to pre-stretch your rear delt. Do reverse flyes 1 arm at a time. Start with your weaker arm.

WEEK 3	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS	Weak Point Exercise 1 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>EZ-Bar Cable Curl</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>EZ-Bar Curl</u>	<u>DB Curl</u>	Set up the cable at the lowest position. Maintain constant tension on the biceps. Slow, controlled reps!
	<u>EZ-Bar Skull Crusher</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>DB Skull Crusher</u>	<u>Overhead Cable Triceps Extension (Rope)</u>	Feel a nasty stretch on the triceps throughout the entire negative. Pause for 1 second in the stretch part of each rep.
	<u>Bottom-Half Incline DB Curl</u>	Failure	1	2	12-15					~9	10	~1-2 min	<u>Bottom-Half Bayesian Cable Curl</u>	<u>Incline DB Stretch-Curl</u>	All reps and sets are to be performed in the bottom half of the ROM. Keep your upper back planted against the bench. Go light on these and focus on feeling your biceps pull and squeeze.
	<u>Triceps Pressdown (Bar)</u>	Failure	1	2	12-15					~9	10	~1-2 min	<u>Triceps Pressdown (Rope)</u>	<u>DB Triceps Kickback</u>	Focus on squeezing your triceps to move the weight
	<u>Roman Chair Leg Raise</u>	N/A	1	3	10-20					~9	~9-10	~1-2 min	<u>Machine Crunch</u>	<u>Cable Crunch</u>	Allow your lower back to round as you curl your legs up. 10-20 reps is a broad range on purpose: just go until you hit RPE 9-10 (0-1 reps shy of failure) with controlled form.

REST DAY

WEEK 4	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #1	Wide-Grip Pull-Up	Lengthened Partials (Extend Set)	2-3	3	8-10					~8-9	~9-10	~2-3 min	Wide-Grip Machine Pulldown	Wide-Grip Lat Pulldown	1.5x shoulder width overhand grip. Slow 2-3 second negative. Feel your lats pulling apart on the way down. Slight 0.5-1 second pause at the bottom, then lift your chest up and drive your elbows down as you lift yourself up. Don't be afraid to use assistance. Add weight if needed. Keep the form tight and controlled! Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	Flat Machine Chest Press	Lengthened Partials (Extend Set)	2-3	3	8-10					~8-9	~9-10	~3-5 min	Flat DB Bench Press	Barbell Bench Press	1 second pause on the chest while maintaining tension on the chest. Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	Glute-Ham Raise	N/A	1-2	3	10-12					~7-8	~8-9	~2-3 min	Single-Leg DB Hip Thrust	DB RDL	Cut out the top ~25% of the ROM, where there will be minimal tension on the hamstrings. Squeeze your hamstrings to pull yourself up!
	Leg Extension	Lengthened Partials (Extend Set)	1-2	3	10-12					~9	10	~1-2 min	Reverse Nordic	Sissy Squat	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	Meadows Incline DB Lateral Raise	Failure	1	3	10-12					~9	10	~1-2 min	Cuffed Behind-The-Back Lateral Raise	DB Lateral Raise	Lie down on your side on a ~30° bench. Start with the DB in front of you, raise the DB to parallel to the floor and lower the DB behind you, feeling a deep stretch in your delts, then reverse this motion (2 reps have now been completed). No pausing between reps.
	Standing Calf Raise	Weighted Static Hold (30 sec hold in the stretch)	1	3	15-20					~9	10	~1-2 min	Leg Press Calf Press	Seated Calf Raise	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet. For the weighted static hold, after the final rep of the final set, rather than reracking the weight immediately, pause at the very bottom of the ROM (with full tension still on the calves) and maintain this hold for 30 seconds.

WEEK 4	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #2	<u>Seated Leg Curl</u>	Lengthened Partials (Extend Set)	1-2	3	8-10					~8-9	10	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings. Once you hit failure on the final set, continue with lengthened partials in the top half of the ROM, until you can no longer achieve a full half rep.
	<u>Bottom-Half Smith Machine Squat</u>	N/A	2-4	3	6-8					~7-8	~8-9	~3-5 min	<u>Bottom-Half DB Bulgarian Split Squat</u>	<u>High-Bar Back Squat</u>	All reps and sets are to be performed in the bottom half of the ROM. Once you are under the bar, set up your feet as you would a normal squat and then bring them forward ~3-6 inches. This will cause you to lean back into the bar slightly, allowing for a more upright squat, while also placing more tension on the quads. If your heels are raising at the bottom, you may need to bring your feet more forward. If your feet feel like they are slipping or your lower back is rounding at the bottom, try bringing your feet back a bit.
	<u>Chest-Supported Machine Row</u>	Lengthened Partials (Extend Set)	2	3	8-10					~8-9	~9-10	~2-3 min	<u>Chest-Supported T-Bar Row</u>	<u>Chest-Supported Incline DB Row</u>	Set the chest pad up so you get a deep stretch on each rep. Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Bottom-Half Seated Cable Flye</u>	Failure	2	2	8-10					~8-9	10	~2-3 min	<u>Bottom-Half DB Flye</u>	<u>Bottom-Half Pec Deck</u>	All reps and sets are to be performed in the bottom half of the ROM. Focus on feeling a deep stretch in your pecs at the bottom of each rep.
	<u>Machine Hip Abduction</u>	Failure	1-2	3	12-15					~9	10	~1-2 min	<u>Cable Hip Abduction</u>	<u>Lateral Band Walk</u>	If possible, use pads to increase the range of motion on the machine. Lean forward and grab onto the machine rails to stretch the glutes further.
	<u>Overhead Cable Triceps Extension (Bar)</u>	Dropset	1	2	12-15					~8-9	10	~1-2 min	<u>Overhead Cable Triceps Extension (Rope)</u>	<u>DB Skull Crusher</u>	Feel a nasty stretch on the triceps throughout the entire negative. Pause for 1 second in the stretch part of each rep. Immediately after the final set, drop the weight by ~25% and go to failure again.
REST DAY															

WEEK 4	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #3	<u>Smith Machine Deficit Row</u>	Lengthened Partials (Extend Set)	2-3	3	8-10					~8-9	~9-10	~3-4 min	<u>Pendlay Deficit Row</u>	<u>Helms Row</u>	Focus on getting a big stretch and touch your stomach/chest on each rep! Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Bottom-Half Low Incline DB Press</u>	N/A	2-3	3	10-12					~8-9	~9-10	~2-3 min	<u>Bottom-Half Low Incline Smith Machine Press</u>	<u>Bottom-Half Low Incline Barbell Press</u>	All reps and sets are to be performed in the bottom half of the ROM. Set the bench at a ~15° incline. 1 second pause on the chest on each rep while maintaining tension on the pecs.
	<u>Smith Machine Reverse Lunge</u>	Quad Static Stretch (30 sec)	2-3	2 per leg	10-12					~8-9	~9-10	~2-3 min	<u>DB Reverse Lunge</u>	<u>DB Walking Lunge</u>	Minimize contribution from the back leg. Mind-muscle connection with your glutes here! After the final set for each leg, perform a quad static stretch for that leg for 30 seconds.
	<u>High-Cable Cuffed Lateral Raise</u>	Lengthened Partials (Extend Set)	1	3	12-15					~9	10	~1-2 min	<u>High-Cable Lateral Raise</u>	<u>DB Lateral Raise</u>	Focus on squeezing your lateral delt to move the weight. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	<u>Bottom-Half Standing Calf Raise</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Seated Calf Raise</u>	<u>Donkey Calf Raise</u>	All reps and sets are to be performed in the bottom half of the ROM. 1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
	<u>Bottom-Half EZ-Bar Preacher Curl</u>	Failure	1	3	12-15					~9	10	~1-2 min	<u>Bottom-Half DB Preacher Curl</u>	<u>Bottom-Half Machine Preacher Curl</u>	All reps and sets are to be performed in the bottom half of the ROM. Keep your triceps firmly pinned against the pad as you curl. No pausing at the top or bottom: constant tension on the biceps!

WEEK 4	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #4	Barbell RDL	N/A	2-3	3	8-10					~6	~6-7	~3-5 min	DB RDL	Deadlift	The RPE is intentionally low here because these will cause a lot of muscle damage. Don't be tempted to go too heavy. To keep tension on the hamstrings, stop about 75% of the way to full lockout on each rep (i.e. stay in the bottom 3/4 of the range of motion).
	Super-ROM Leg Press	N/A	2-4	3	8-10					~7-8	~8-9	~3-5 min	Single-Leg Leg Press	High-Bar Back Squat	Feet lower on the platform for more quad focus. Get as deep as you can without excessive back rounding. Control the negative and do a slight pause at the bottom of each rep.
	Neutral-Grip Lat Pulldown	Integrated Partials (All Sets)	2	3	8-10					~8-9	~9-10	~2-3 min	Neutral-Grip Pullup	Cross-Body Lat Pull-Around	Do these pulldowns with the handle more out in front of you, more like a cross between pullover and a pulldown. Focus on feeling your lats working more than the weight you're using. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/top half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps (partial reps count towards the rep count).
	Machine Shoulder Press	N/A	2-3	3	10-12					~8-9	~9-10	~2-3 min	Seated Smith Machine Shoulder Press	Seated DB Shoulder Press	Keep tension on the shoulders at the bottom.
	Machine Hip Adduction	Failure	1-2	3	12-15					~9	10	~1-2 min	Cable Hip Adduction	Copenhagen Hip Adduction	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	Super-Stretch Reverse Pec Deck	Failure	1	3	12-15					~9	10	~1-2 min	Bent-Over Reverse DB Flye	Cable Reverse Flye	Face side on to the machine and pull your arm across your body to pre-stretch your rear delt. Do reverse flyes 1 arm at a time. Start with your weaker arm.

WEEK 4	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS	Weak Point Exercise 1 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>EZ-Bar Cable Curl</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>EZ-Bar Curl</u>	<u>DB Curl</u>	Set up the cable at the lowest position. Maintain constant tension on the biceps. Slow, controlled reps!
	<u>EZ-Bar Skull Crusher</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>DB Skull Crusher</u>	<u>Overhead Cable Triceps Extension (Rope)</u>	Feel a nasty stretch on the triceps throughout the entire negative. Pause for 1 second in the stretch part of each rep.
	<u>Bottom-Half Incline DB Curl</u>	Failure	1	2	12-15					~9	10	~1-2 min	<u>Bottom-Half Bayesian Cable Curl</u>	<u>Incline DB Stretch-Curl</u>	All reps and sets are to be performed in the bottom half of the ROM. Keep your upper back planted against the bench. Go light on these and focus on feeling your biceps pull and squeeze.
	<u>Triceps Pressdown (Bar)</u>	Failure	1	2	12-15					~9	10	~1-2 min	<u>Triceps Pressdown (Rope)</u>	<u>DB Triceps Kickback</u>	Focus on squeezing your triceps to move the weight
	<u>Roman Chair Leg Raise</u>	N/A	1	3	10-20					~9	~9-10	~1-2 min	<u>Machine Crunch</u>	<u>Cable Crunch</u>	Allow your lower back to round as you curl your legs up. 10-20 reps is a broad range on purpose: just go until you hit RPE 9-10 (0-1 reps shy of failure) with controlled form.

REST DAY

WEEK 5	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #1	Wide-Grip Pull-Up	Lengthened Partials (Extend Set)	2-3	3	8-10					~8-9	~9-10	~2-3 min	Wide-Grip Machine Pulldown	Wide-Grip Lat Pulldown	1.5x shoulder width overhand grip. Slow 2-3 second negative. Feel your lats pulling apart on the way down. Slight 0.5-1 second pause at the bottom, then lift your chest up and drive your elbows down as you lift yourself up. Don't be afraid to use assistance. Add weight if needed. Keep the form tight and controlled! Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	Flat Machine Chest Press	Lengthened Partials (Extend Set)	2-3	3	8-10					~8-9	~9-10	~3-5 min	Flat DB Bench Press	Barbell Bench Press	1 second pause on the chest while maintaining tension on the chest. Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	Glute-Ham Raise	N/A	1-2	3	10-12					~7-8	~8-9	~2-3 min	Single-Leg DB Hip Thrust	DB RDL	Cut out the top ~25% of the ROM, where there will be minimal tension on the hamstrings. Squeeze your hamstrings to pull yourself up!
	Leg Extension	Lengthened Partials (Extend Set)	1-2	3	10-12					~9	10	~1-2 min	Reverse Nordic	Sissy Squat	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	Meadows Incline DB Lateral Raise	Failure	1	3	10-12					~9	10	~1-2 min	Cuffed Behind-The-Back Lateral Raise	DB Lateral Raise	Lie down on your side on a ~30° bench. Start with the DB in front of you, raise the DB to parallel to the floor and lower the DB behind you, feeling a deep stretch in your delts, then reverse this motion (2 reps have now been completed). No pausing between reps.
	Standing Calf Raise	Weighted Static Hold (30 sec hold in the stretch)	1	3	15-20					~9	10	~1-2 min	Leg Press Calf Press	Seated Calf Raise	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet. For the weighted static hold, after the final rep of the final set, rather than reracking the weight immediately, pause at the very bottom of the ROM (with full tension still on the calves) and maintain this hold for 30 seconds.

WEEK 5	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #2	<u>Seated Leg Curl</u>	Lengthened Partials (Extend Set)	1-2	3	8-10					~8-9	10	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings. Once you hit failure on the final set, continue with lengthened partials in the top half of the ROM, until you can no longer achieve a full half rep.
	<u>Bottom-Half Smith Machine Squat</u>	N/A	2-4	3	6-8					~7-8	~8-9	~3-5 min	<u>Bottom-Half DB Bulgarian Split Squat</u>	<u>High-Bar Back Squat</u>	All reps and sets are to be performed in the bottom half of the ROM. Once you are under the bar, set up your feet as you would a normal squat and then bring them forward ~3-6 inches. This will cause you to lean back into the bar slightly, allowing for a more upright squat, while also placing more tension on the quads. If your heels are raising at the bottom, you may need to bring your feet more forward. If your feet feel like they are slipping or your lower back is rounding at the bottom, try bringing your feet back a bit.
	<u>Chest-Supported Machine Row</u>	Lengthened Partials (Extend Set)	2	3	8-10					~8-9	~9-10	~2-3 min	<u>Chest-Supported T-Bar Row</u>	<u>Chest-Supported Incline DB Row</u>	Set the chest pad up so you get a deep stretch on each rep. Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Bottom-Half Seated Cable Flye</u>	Failure	2	2	8-10					~8-9	10	~2-3 min	<u>Bottom-Half DB Flye</u>	<u>Bottom-Half Pec Deck</u>	All reps and sets are to be performed in the bottom half of the ROM. Focus on feeling a deep stretch in your pecs at the bottom of each rep.
	<u>Machine Hip Abduction</u>	Failure	1-2	3	12-15					~9	10	~1-2 min	<u>Cable Hip Abduction</u>	<u>Lateral Band Walk</u>	If possible, use pads to increase the range of motion on the machine. Lean forward and grab onto the machine rails to stretch the glutes further.
	<u>Overhead Cable Triceps Extension (Bar)</u>	Dropset	1	2	12-15					~8-9	10	~1-2 min	<u>Overhead Cable Triceps Extension (Rope)</u>	<u>DB Skull Crusher</u>	Feel a nasty stretch on the triceps throughout the entire negative. Pause for 1 second in the stretch part of each rep. Immediately after the final set, drop the weight by ~25% and go to failure again.
REST DAY															

WEEK 5	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #3	<u>Smith Machine Deficit Row</u>	Lengthened Partials (Extend Set)	2-3	3	8-10					~8-9	~9-10	~3-4 min	<u>Pendlay Deficit Row</u>	<u>Helms Row</u>	Focus on getting a big stretch and touch your stomach/chest on each rep! Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Bottom-Half Low Incline DB Press</u>	N/A	2-3	3	10-12					~8-9	~9-10	~2-3 min	<u>Bottom-Half Low Incline Smith Machine Press</u>	<u>Bottom-Half Low Incline Barbell Press</u>	All reps and sets are to be performed in the bottom half of the ROM. Set the bench at a ~15° incline. 1 second pause on the chest on each rep while maintaining tension on the pecs.
	<u>Smith Machine Reverse Lunge</u>	Quad Static Stretch (30 sec)	2-3	2 per leg	10-12					~8-9	~9-10	~2-3 min	<u>DB Reverse Lunge</u>	<u>DB Walking Lunge</u>	Minimize contribution from the back leg. Mind-muscle connection with your glutes here! After the final set for each leg, perform a quad static stretch for that leg for 30 seconds.
	<u>High-Cable Cuffed Lateral Raise</u>	Lengthened Partials (Extend Set)	1	3	12-15					~9	10	~1-2 min	<u>High-Cable Lateral Raise</u>	<u>DB Lateral Raise</u>	Focus on squeezing your lateral delt to move the weight. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	<u>Bottom-Half Standing Calf Raise</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Seated Calf Raise</u>	<u>Donkey Calf Raise</u>	All reps and sets are to be performed in the bottom half of the ROM. 1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
	<u>Bottom-Half EZ-Bar Preacher Curl</u>	Failure	1	3	12-15					~9	10	~1-2 min	<u>Bottom-Half DB Preacher Curl</u>	<u>Bottom-Half Machine Preacher Curl</u>	All reps and sets are to be performed in the bottom half of the ROM. Keep your triceps firmly pinned against the pad as you curl. No pausing at the top or bottom: constant tension on the biceps!

WEEK 5	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #4	Barbell RDL	N/A	2-3	3	8-10					~6	~6-7	~3-5 min	DB RDL	Deadlift	The RPE is intentionally low here because these will cause a lot of muscle damage. Don't be tempted to go too heavy. To keep tension on the hamstrings, stop about 75% of the way to full lockout on each rep (i.e. stay in the bottom 3/4 of the range of motion).
	Super-ROM Leg Press	N/A	2-4	3	8-10					~7-8	~8-9	~3-5 min	Single-Leg Leg Press	High-Bar Back Squat	Feet lower on the platform for more quad focus. Get as deep as you can without excessive back rounding. Control the negative and do a slight pause at the bottom of each rep.
	Neutral-Grip Lat Pulldown	Integrated Partials (All Sets)	2	3	8-10					~8-9	~9-10	~2-3 min	Neutral-Grip Pullup	Cross-Body Lat Pull-Around	Do these pulldowns with the handle more out in front of you, more like a cross between pullover and a pulldown. Focus on feeling your lats working more than the weight you're using. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/top half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps (partial reps count towards the rep count).
	Machine Shoulder Press	N/A	2-3	3	10-12					~8-9	~9-10	~2-3 min	Seated Smith Machine Shoulder Press	Seated DB Shoulder Press	Keep tension on the shoulders at the bottom.
	Machine Hip Adduction	Failure	1-2	3	12-15					~9	10	~1-2 min	Cable Hip Adduction	Copenhagen Hip Adduction	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	Super-Stretch Reverse Pec Deck	Failure	1	3	12-15					~9	10	~1-2 min	Bent-Over Reverse DB Flye	Cable Reverse Flye	Face side on to the machine and pull your arm across your body to pre-stretch your rear delt. Do reverse flyes 1 arm at a time. Start with your weaker arm.

WEEK 5	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS	Weak Point Exercise 1 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>EZ-Bar Cable Curl</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>EZ-Bar Curl</u>	<u>DB Curl</u>	Set up the cable at the lowest position. Maintain constant tension on the biceps. Slow, controlled reps!
	<u>EZ-Bar Skull Crusher</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>DB Skull Crusher</u>	<u>Overhead Cable Triceps Extension (Rope)</u>	Feel a nasty stretch on the triceps throughout the entire negative. Pause for 1 second in the stretch part of each rep.
	<u>Bottom-Half Incline DB Curl</u>	Failure	1	2	12-15					~9	10	~1-2 min	<u>Bottom-Half Bayesian Cable Curl</u>	<u>Incline DB Stretch-Curl</u>	All reps and sets are to be performed in the bottom half of the ROM. Keep your upper back planted against the bench. Go light on these and focus on feeling your biceps pull and squeeze.
	<u>Triceps Pressdown (Bar)</u>	Failure	1	2	12-15					~9	10	~1-2 min	<u>Triceps Pressdown (Rope)</u>	<u>DB Triceps Kickback</u>	Focus on squeezing your triceps to move the weight
	<u>Roman Chair Leg Raise</u>	N/A	1	3	10-20					~9	~9-10	~1-2 min	<u>Machine Crunch</u>	<u>Cable Crunch</u>	Allow your lower back to round as you curl your legs up. 10-20 reps is a broad range on purpose: just go until you hit RPE 9-10 (0-1 reps shy of failure) with controlled form.

REST DAY

BLOCK 2: 5-WEEK GRIND PHASE

IMPORTANT NOTE: BLOCK 2 STARTS WITH AN INTRO/DELOAD WEEK BEFORE INCREASING THE VOLUME/INTENSITY FOR THE FINAL 4 WEEKS

WEEK 6	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #1	Wide-Grip Lat Pulldown	N/A	2-3	2	10-12					~7	~9	~2-3 min	Wide-Grip Pull-Up	Wide-Grip Machine Pulldown	Think about pulling your elbows "down" and "in".
	Flat Smith Machine Bench Press	N/A	2-3	2	10-12					~7	~9	~3-5 min	Flat DB Bench Press	Barbell Bench Press	1 second pause on the chest on each rep while maintaining tension on the pecs.
	Single-Leg DB Hip Thrust	N/A	1-2	2	8-10					~7	~8	~2-3 min	Glute-Ham Raise	Reverse Hyper	Slow 2-3 second negative. Explode with control on the way up. Squeeze your glutes hard at the top of the movement.
	Leg Extension	N/A	1-2	2	8-10					~7-8	~9	~1-2 min	Reverse Nordic	Sissy Squat	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative.
	Meadows Incline DB Lateral Raise	N/A	1	3	12-15					~7-8	~9	~1-2 min	Cuffed Behind-The-Back Lateral Raise	DB Lateral Raise	Lie down on your side on a ~30° bench. Start with the DB in front of you, raise the DB to parallel to the floor and lower the DB behind you, feeling a deep stretch in your delts, then reverse this motion (2 reps have now been completed). No pausing between reps.
	Standing Calf Raise	N/A	1	3	12-15					~7-8	~9	~1-2 min	Leg Press Calf Press	Seated Calf Raise	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.

WEEK 6	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #2	<u>Seated Leg Curl</u>	N/A	1-2	2	10-12					~7-8	~9	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings.
	<u>Bottom-Half Hack Squat</u>	N/A	2-4	2	8-10					~7	~8	~3-5 min	<u>Bottom-Half DB Bulgarian Split Squat</u>	<u>High-Bar Back Squat</u>	All reps and sets are to be performed in the bottom half of the ROM. Allow your knees to come forward (past your toes). Focus the tension on your quads.
	<u>Dual-Handle Elbows-Out Cable Row</u>	N/A	2	2	10-12					~7	~9	~2-3 min	<u>Arm-Out Single-Arm DB Row</u>	<u>Chest-Supported Machine Row</u>	Flare your elbows out ~45°. Smooth, controlled reps.
	<u>Bottom-Half Pec Deck</u>	N/A	2	2	8-10					~7-8	~9	~2-3 min	<u>Bottom-Half DB Flye</u>	<u>Bottom-Half Seated Cable Flye</u>	All reps and sets are to be performed in the bottom half of the ROM. Focus on feeling a deep stretch in your pecs at the bottom of each rep.
	<u>Machine Hip Abduction</u>	N/A	1-2	2	10-12					~7-8	~9	~1-2 min	<u>Cable Hip Abduction</u>	<u>Lateral Band Walk</u>	If possible, use pads to increase the range of motion on the machine. Lean forward and grab onto the machine rails to stretch the glutes further.
	<u>Overhead Cable Triceps Extension (Bar)</u>	N/A	1	2	10-12					~7-8	~9	~1-2 min	<u>Overhead Cable Triceps Extension (Rope)</u>	<u>DB Skull Crusher</u>	Feel a nasty stretch on the triceps throughout the entire negative. Pause for 1 second in the stretch part of each rep.
REST DAY															

WEEK 6	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #3	Deficit Pendley Row	N/A	2-3	2	10-12					~7	~9	~3-4 min	Smith Machine Deficit Row	DB Row	Stand on a bumper plate. Focus on getting a big stretch and touch your stomach/chest on each rep!
	Bottom-Half Low Incline DB Press	N/A	2-3	2	8-10					~7	~9	~2-3 min	Bottom-Half Low Incline Smith Machine Press	Bottom-Half Low Incline Barbell Press	All reps and sets are to be performed in the bottom half of the ROM. 1 second pause at the bottom of each rep while maintaining tension on the pecs
	DB Bulgarian Split Squat	N/A	1-2	2	6-8					~7	~8	~2-3 min	DB Static Lunge	Smith Machine Reverse Lunge	Reps are per leg. Start with your weaker leg. Squat deep.
	High-Cable Cuffed Lateral Raise	N/A	1	3	10-12					~7-8	~9	~1-2 min	High-Cable Lateral Raise	DB Lateral Raise	Focus on squeezing your lateral delt to move the weight
	Bottom-Half Standing Calf Raise	N/A	1	3	12-15					~7-8	~9	~1-2 min	Seated Calf Raise	Donkey Calf Raise	All reps and sets are to be performed in the bottom half of the ROM. 1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
	Cable Rope Hammer Curl	N/A	1	2	10-12					~7-8	~9	~1-2 min	DB Hammer Curl	Straight-Bar Cable Curl	Squeeze the rope hard as you curl the weight up. Smooth, controlled reps.

WEEK 6	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #4	DB RDL	N/A	2-3	2	10-12					~5	~5-6	~3-5 min	Barbell RDL	Deadlift	The RPE is intentionally low here because these will cause a lot of muscle damage. Don't be tempted to go too heavy. To keep tension on the hamstrings, stop about 75% of the way to full lockout on each rep (i.e. stay in the bottom 3/4 of the range of motion).
	Belt Squat	N/A	2-4	2	6-8					~7	~8	~3-5 min	Leg Press	Front Squat	Get as deep as you can without excessive back rounding. Control the negative and do a slight pause at the bottom of each rep.
	1-Arm Lat Pulldown	Integrated Partials (All Sets)	2	2	10-12					~7	~9	~2-3 min	Neutral-Grip Pull-Up	Neutral-Grip Lat Pulldown	Keep elbow tucked in close to your torso. Focus on squeezing your lat to move the weight. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/top half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps (partial reps count towards the rep count).
	Seated DB Shoulder Press	N/A	2-3	2	8-10					~7	~9	~2-3 min	Machine Shoulder Press	Seated Smith Machine Shoulder Press	Slightly rotate the dumbbells in on the negative and flare your elbows out as you push.
	Machine Hip Adduction	N/A	1-2	2	10-12					~7-8	~9	~1-2 min	Cable Hip Adduction	Copenhagen Hip Adduction	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	Super-Stretch Reverse Pec Deck	N/A	1	2	12-15					~7-8	~9	~1-2 min	Bent-Over Reverse DB Flye	Cable Reverse Flye	Face side on to the machine and pull your arm across your body to pre-stretch your rear delt. Do reverse flyes 1 arm at a time. Start with your weaker arm.

WEEK 6	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS	Weak Point Exercise 1 (optional)	N/A	1-3	2	8-12					~7-8	~9	~1-3 min			Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	2	8-12					~7-8	~9	~1-3 min			If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Bottom-Half Machine Preacher Curl</u>	Failure	1	2	10-12					~7-8	~9	~1-2 min	<u>Bottom-Half EZ-Bar Preacher Curl</u>	<u>Bottom-Half DB Preacher Curl</u>	All reps and sets are to be performed in the bottom half of the ROM. Smooth, controlled reps. Mind-muscle connection with the biceps.
	<u>Triceps Diverging Pressdown (Long Rope or 2 Ropes)</u>	N/A	1	2	10-12					~7-8	~9	~1-2 min	<u>Triceps Pressdown (Rope)</u>	<u>DB Triceps Kickback</u>	Use two long ropes or one long rope. Lean slightly forward, flare your elbows slightly out and keep your arms back in line with your torso. Then do triceps pressdowns, getting a full, big squeeze at the bottom.
	<u>Inverse DB Zottman Curl</u>	N/A	1	2	12-15					~7-8	~9	~1-2 min	<u>DB Hammer Curl</u>	<u>Reverse-Grip DB Curl</u>	Do a hammer curl on the positive, then turn your palms facing up at the top and use a palms-up grip on the negative.
	<u>Close-Grip Pushup (AMRAP)</u>	N/A	1	2	AMRAP					~7-8	~9	~1-2 min	<u>Diamond Pushup</u>	<u>Bodyweight Dip</u>	As many reps as possible, until you hit the target RPE. Keep them controlled! Roughly shoulder-width hand placement. Keep elbows tucked close to your sides. Smooth, controlled reps.
	<u>Ab Wheel Rollout</u>	N/A	1	3	12-15					~7-8	~9	~1-2 min	<u>Swiss Ball Rollout</u>	<u>Long-Lever Plank</u>	Don't just bend at your hips, use your abs to lower yourself down under control and pull yourself back up. If you don't have the core strength to get all the way extended at the bottom, try to progressively increase the ROM week to week.

REST DAY

WEEK 7	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #1	Wide-Grip Lat Pulldown	Lengthened Partials (Extend Set)	2-3	3	10-12					~8-9	~9-10	~2-3 min	Wide-Grip Pull-Up	Wide-Grip Machine Pulldown	Think about pulling your elbows "down" and "in". Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the top half of the ROM. Stop once you have 0-1 half reps left in the tank.
	Flat Smith Machine Bench Press	Lengthened Partials (Extend Set)	2-3	3	10-12					~8-9	~9-10	~3-5 min	Flat DB Bench Press	Barbell Bench Press	1 second pause on the chest on each rep while maintaining tension on the pecs. Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	Single-Leg DB Hip Thrust	N/A	1-2	3	8-10					~7-8	~8-9	~2-3 min	Glute-Ham Raise	Reverse Hyper	Slow 2-3 second negative. Explode with control on the way up. Squeeze your glutes hard at the top of the movement.
	Leg Extension	Lengthened Partials (Extend Set)	1-2	3	8-10					~9	10	~1-2 min	Reverse Nordic	Sissy Squat	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	Meadows Incline DB Lateral Raise	Failure	1	3	12-15					~9	10	~1-2 min	Cuffed Behind-The-Back Lateral Raise	DB Lateral Raise	Lie down on your side on a ~30° bench. Start with the DB in front of you, raise the DB to parallel to the floor and lower the DB behind you, feeling a deep stretch in your delts, then reverse this motion (2 reps have now been completed). No pausing between reps.
	Standing Calf Raise	Weighted Static Hold (30 sec hold in the stretch)	1	4	12-15					~9	10	~1-2 min	Leg Press Calf Press	Seated Calf Raise	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet. For the weighted static hold, after the final rep of the final set, rather than reracking the weight immediately, pause at the very bottom of the ROM (with full tension still on the calves) and maintain this hold for 30 seconds.

WEEK 7	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #2	<u>Seated Leg Curl</u>	Lengthened Partials (Extend Set)	1-2	3	10-12					~8-9	10	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings. Once you hit failure on the final set, continue with lengthened partials in the top half of the ROM, until you can no longer achieve a full half rep.
	<u>Bottom-Half Hack Squat</u>	N/A	2-4	3	8-10					~7-8	~8-9	~3-5 min	<u>Bottom-Half DB Bulgarian Split Squat</u>	<u>High-Bar Back Squat</u>	All reps and sets are to be performed in the bottom half of the ROM. Allow your knees to come forward (past your toes). Focus the tension on your quads.
	<u>Dual-Handle Elbows-Out Cable Row</u>	Lengthened Partials (Extend Set)	2	3	10-12					~8-9	~9-10	~2-3 min	<u>Arm-Out Single-Arm DB Row</u>	<u>Chest-Supported Machine Row</u>	Flare your elbows out ~45°. Smooth, controlled reps. Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Bottom-Half Pec Deck</u>	Failure	2	2	8-10					~8-9	10	~2-3 min	<u>Bottom-Half DB Flye</u>	<u>Bottom-Half Seated Cable Flye</u>	All reps and sets are to be performed in the bottom half of the ROM. Focus on feeling a deep stretch in your pecs at the bottom of each rep.
	<u>Machine Hip Abduction</u>	Failure	1-2	3	10-12					~9	10	~1-2 min	<u>Cable Hip Abduction</u>	<u>Lateral Band Walk</u>	If possible, use pads to increase the range of motion on the machine. Lean forward and grab onto the machine rails to stretch the glutes further.
	<u>Overhead Cable Triceps Extension (Bar)</u>	Dropset	1	2	10-12					~8-9	10	~1-2 min	<u>Overhead Cable Triceps Extension (Rope)</u>	<u>DB Skull Crusher</u>	Feel a nasty stretch on the triceps throughout the entire negative. Pause for 1 second in the stretch part of each rep. Immediately after the final set, drop the weight by ~25% and go to failure again.
REST DAY															

WEEK 7	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #3	Deficit Pendlay Row	Lengthened Partials (Extend Set)	2-3	3	10-12					~8-9	~9-10	~3-4 min	Smith Machine Deficit Row	DB Row	Stand on a bumper plate. Focus on getting a big stretch and touch your stomach/chest on each rep! Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	Bottom-Half Low Incline DB Press	N/A	2-3	3	8-10					~8-9	~9-10	~2-3 min	Bottom-Half Low Incline Smith Machine Press	Bottom-Half Low Incline Barbell Press	All reps and sets are to be performed in the bottom half of the ROM. 1 second pause at the bottom of each rep while maintaining tension on the pecs
	DB Bulgarian Split Squat	Quad Static Stretch (30 sec)	2-3	2	6-8					~8-9	~9-10	~2-3 min	DB Static Lunge	Smith Machine Reverse Lunge	Reps are per leg. Start with your weaker leg. Squat deep. After the final set, perform a quad static stretch for each leg for 30 seconds.
	High-Cable Cuffed Lateral Raise	Lengthened Partials (Extend Set)	1	3	10-12					~9	10	~1-2 min	High-Cable Lateral Raise	DB Lateral Raise	Focus on squeezing your lateral delt to move the weight. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	Bottom-Half Standing Calf Raise	Failure	1	4	12-15					~9	10	~1-2 min	Seated Calf Raise	Donkey Calf Raise	All reps and sets are to be performed in the bottom half of the ROM. 1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
	Cable Rope Hammer Curl	Lengthened Partials (Extend Set)	1	3	10-12					~9	10	~1-2 min	DB Hammer Curl	Straight-Bar Cable Curl	Squeeze the rope hard as you curl the weight up. Smooth, controlled reps. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.

WEEK 7	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #4	DB RDL	N/A	2-3	3	10-12					~6	~6-7	~3-5 min	Barbell RDL	Deadlift	The RPE is intentionally low here because these will cause a lot of muscle damage. Don't be tempted to go too heavy. To keep tension on the hamstrings, stop about 75% of the way to full lockout on each rep (i.e. stay in the bottom 3/4 of the range of motion).
	Belt Squat	N/A	2-4	3	6-8					~7-8	~8-9	~3-5 min	Leg Press	Front Squat	Get as deep as you can without excessive back rounding. Control the negative and do a slight pause at the bottom of each rep.
	1-Arm Lat Pulldown	Integrated Partials (All Sets)	2	3	10-12					~8-9	~9-10	~1-2 min	Neutral-Grip Pull-Up	Neutral-Grip Lat Pulldown	Keep elbow tucked in close to your torso. Focus on squeezing your lat to move the weight. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/top half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps (partial reps count towards the rep count).
	Seated DB Shoulder Press	N/A	2-3	3	8-10					~8-9	~9-10	~2-3 min	Machine Shoulder Press	Seated Smith Machine Shoulder Press	Slightly rotate the dumbbells in on the negative and flare your elbows out as you push.
	Machine Hip Adduction	Failure	1-2	3	10-12					~9	10	~1-2 min	Cable Hip Adduction	Copenhagen Hip Adduction	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	Super-Stretch Reverse Pec Deck	Failure	1	3	12-15					~9	10	~1-2 min	Bent-Over Reverse DB Flye	Cable Reverse Flye	Face side on to the machine and pull your arm across your body to pre-stretch your rear delt. Do reverse flyes 1 arm at a time. Start with your weaker arm.

WEEK 7	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS	Weak Point Exercise 1 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Bottom-Half Machine Preacher Curl</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Bottom-Half EZ-Bar Preacher Curl</u>	<u>Bottom-Half DB Preacher Curl</u>	All reps and sets are to be performed in the bottom half of the ROM. Smooth, controlled reps. Mind-muscle connection with the biceps.
	<u>Triceps Diverging Pressdown (Long Rope or 2 Ropes)</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Triceps Pressdown (Rope)</u>	<u>DB Triceps Kickback</u>	Use two long ropes or one long rope. Lean slightly forward, flare your elbows slightly out and keep your arms back in line with your torso. Then do triceps pressdowns, getting a full, big squeeze at the bottom.
	<u>Inverse DB Zottman Curl</u>	Failure	1	2	12-15					~9	10	~1-2 min	<u>DB Hammer Curl</u>	<u>Reverse-Grip DB Curl</u>	Do a hammer curl on the positive, then turn your palms facing up at the top and use a palms-up grip on the negative.
	<u>Close-Grip Pushup (AMRAP)</u>	Failure	1	2	AMRAP					~9	10	~1-2 min	<u>Diamond Pushup</u>	<u>Bodyweight Dip</u>	As many reps as possible. Keep them controlled! Roughly shoulder-width hand placement. Keep elbows tucked close to your sides. Smooth, controlled reps.
	<u>Ab Wheel Rollout</u>	N/A	1	3	12-15					~9	~9-10	~1-2 min	<u>Swiss Ball Rollout</u>	<u>Long-Lever Plank</u>	Don't just bend at your hips, use your abs to lower yourself down under control and pull yourself back up. If you don't have the core strength to get all the way extended at the bottom, try to progressively increase the ROM week to week.

REST DAY

WEEK 8	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #1	Wide-Grip Lat Pulldown	Lengthened Partials (Extend Set)	2-3	3	10-12					~8-9	~9-10	~2-3 min	Wide-Grip Pull-Up	Wide-Grip Machine Pulldown	Think about pulling your elbows "down" and "in". Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the top half of the ROM. Stop once you have 0-1 half reps left in the tank.
	Flat Smith Machine Bench Press	Lengthened Partials (Extend Set)	2-3	3	10-12					~8-9	~9-10	~3-5 min	Flat DB Bench Press	Barbell Bench Press	1 second pause on the chest on each rep while maintaining tension on the pecs. Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	Single-Leg DB Hip Thrust	N/A	1-2	3	8-10					~7-8	~8-9	~2-3 min	Glute-Ham Raise	Reverse Hyper	Slow 2-3 second negative. Explode with control on the way up. Squeeze your glutes hard at the top of the movement.
	Leg Extension	Lengthened Partials (Extend Set)	1-2	3	8-10					~9	10	~1-2 min	Reverse Nordic	Sissy Squat	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	Meadows Incline DB Lateral Raise	Failure	1	3	12-15					~9	10	~1-2 min	Cuffed Behind-The-Back Lateral Raise	DB Lateral Raise	Lie down on your side on a ~30° bench. Start with the DB in front of you, raise the DB to parallel to the floor and lower the DB behind you, feeling a deep stretch in your delts, then reverse this motion (2 reps have now been completed). No pausing between reps.
	Standing Calf Raise	Weighted Static Hold (30 sec hold in the stretch)	1	4	12-15					~9	10	~1-2 min	Leg Press Calf Press	Seated Calf Raise	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet. For the weighted static hold, after the final rep of the final set, rather than reracking the weight immediately, pause at the very bottom of the ROM (with full tension still on the calves) and maintain this hold for 30 seconds.

WEEK 8	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #2	<u>Seated Leg Curl</u>	Lengthened Partials (Extend Set)	1-2	3	10-12					~8-9	10	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings. Once you hit failure on the final set, continue with lengthened partials in the top half of the ROM, until you can no longer achieve a full half rep.
	<u>Bottom-Half Hack Squat</u>	N/A	2-4	3	8-10					~7-8	~8-9	~3-5 min	<u>Bottom-Half DB Bulgarian Split Squat</u>	<u>High-Bar Back Squat</u>	All reps and sets are to be performed in the bottom half of the ROM. Allow your knees to come forward (past your toes). Focus the tension on your quads.
	<u>Dual-Handle Elbows-Out Cable Row</u>	Lengthened Partials (Extend Set)	2	3	10-12					~8-9	~9-10	~2-3 min	<u>Arm-Out Single-Arm DB Row</u>	<u>Chest-Supported Machine Row</u>	Flare your elbows out ~45°. Smooth, controlled reps. Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Bottom-Half Pec Deck</u>	Failure	2	2	8-10					~8-9	10	~2-3 min	<u>Bottom-Half DB Flye</u>	<u>Bottom-Half Seated Cable Flye</u>	All reps and sets are to be performed in the bottom half of the ROM. Focus on feeling a deep stretch in your pecs at the bottom of each rep.
	<u>Machine Hip Abduction</u>	Failure	1-2	3	10-12					~9	10	~1-2 min	<u>Cable Hip Abduction</u>	<u>Lateral Band Walk</u>	If possible, use pads to increase the range of motion on the machine. Lean forward and grab onto the machine rails to stretch the glutes further.
	<u>Overhead Cable Triceps Extension (Bar)</u>	Dropset	1	2	10-12					~8-9	10	~1-2 min	<u>Overhead Cable Triceps Extension (Rope)</u>	<u>DB Skull Crusher</u>	Feel a nasty stretch on the triceps throughout the entire negative. Pause for 1 second in the stretch part of each rep. Immediately after the final set, drop the weight by ~25% and go to failure again.
REST DAY															

WEEK 8	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #3	Deficit Pendlay Row	Lengthened Partials (Extend Set)	2-3	3	10-12					~8-9	~9-10	~3-4 min	Smith Machine Deficit Row	DB Row	Stand on a bumper plate. Focus on getting a big stretch and touch your stomach/chest on each rep! Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	Bottom-Half Low Incline DB Press	N/A	2-3	3	8-10					~8-9	~9-10	~2-3 min	Bottom-Half Low Incline Smith Machine Press	Bottom-Half Low Incline Barbell Press	All reps and sets are to be performed in the bottom half of the ROM. 1 second pause at the bottom of each rep while maintaining tension on the pecs
	DB Bulgarian Split Squat	Quad Static Stretch (30 sec)	2-3	2	6-8					~8-9	~9-10	~2-3 min	DB Static Lunge	Smith Machine Reverse Lunge	Reps are per leg. Start with your weaker leg. Squat deep. After the final set, perform a quad static stretch for each leg for 30 seconds.
	High-Cable Cuffed Lateral Raise	Lengthened Partials (Extend Set)	1	3	10-12					~9	10	~1-2 min	High-Cable Lateral Raise	DB Lateral Raise	Focus on squeezing your lateral delt to move the weight. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	Bottom-Half Standing Calf Raise	Failure	1	4	12-15					~9	10	~1-2 min	Seated Calf Raise	Donkey Calf Raise	All reps and sets are to be performed in the bottom half of the ROM. 1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
	Cable Rope Hammer Curl	Lengthened Partials (Extend Set)	1	3	10-12					~9	10	~1-2 min	DB Hammer Curl	Straight-Bar Cable Curl	Squeeze the rope hard as you curl the weight up. Smooth, controlled reps. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.

WEEK 8	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #4	DB RDL	N/A	2-3	3	10-12					~6	~6-7	~3-5 min	Barbell RDL	Deadlift	The RPE is intentionally low here because these will cause a lot of muscle damage. Don't be tempted to go too heavy. To keep tension on the hamstrings, stop about 75% of the way to full lockout on each rep (i.e. stay in the bottom 3/4 of the range of motion).
	Belt Squat	N/A	2-4	3	6-8					~7-8	~8-9	~3-5 min	Leg Press	Front Squat	Get as deep as you can without excessive back rounding. Control the negative and do a slight pause at the bottom of each rep.
	1-Arm Lat Pulldown	Integrated Partials (All Sets)	2	3	10-12					~8-9	~9-10	~1-2 min	Neutral-Grip Pull-Up	Neutral-Grip Lat Pulldown	Keep elbow tucked in close to your torso. Focus on squeezing your lat to move the weight. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/top half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps (partial reps count towards the rep count).
	Seated DB Shoulder Press	N/A	2-3	3	8-10					~8-9	~9-10	~2-3 min	Machine Shoulder Press	Seated Smith Machine Shoulder Press	Slightly rotate the dumbbells in on the negative and flare your elbows out as you push.
	Machine Hip Adduction	Failure	1-2	3	10-12					~9	10	~1-2 min	Cable Hip Adduction	Copenhagen Hip Adduction	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	Super-Stretch Reverse Pec Deck	Failure	1	3	12-15					~9	10	~1-2 min	Bent-Over Reverse DB Flye	Cable Reverse Flye	Face side on to the machine and pull your arm across your body to pre-stretch your rear delt. Do reverse flyes 1 arm at a time. Start with your weaker arm.

WEEK 8	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS	Weak Point Exercise 1 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Bottom-Half Machine Preacher Curl</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Bottom-Half EZ-Bar Preacher Curl</u>	<u>Bottom-Half DB Preacher Curl</u>	All reps and sets are to be performed in the bottom half of the ROM. Smooth, controlled reps. Mind-muscle connection with the biceps.
	<u>Triceps Diverging Pressdown (Long Rope or 2 Ropes)</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Triceps Pressdown (Rope)</u>	<u>DB Triceps Kickback</u>	Use two long ropes or one long rope. Lean slightly forward, flare your elbows slightly out and keep your arms back in line with your torso. Then do triceps pressdowns, getting a full, big squeeze at the bottom.
	<u>Inverse DB Zottman Curl</u>	Failure	1	2	12-15					~9	10	~1-2 min	<u>DB Hammer Curl</u>	<u>Reverse-Grip DB Curl</u>	Do a hammer curl on the positive, then turn your palms facing up at the top and use a palms-up grip on the negative.
	<u>Close-Grip Pushup (AMRAP)</u>	Failure	1	2	AMRAP					~9	10	~1-2 min	<u>Diamond Pushup</u>	<u>Bodyweight Dip</u>	As many reps as possible. Keep them controlled! Roughly shoulder-width hand placement. Keep elbows tucked close to your sides. Smooth, controlled reps.
	<u>Ab Wheel Rollout</u>	N/A	1	3	12-15					~9	~9-10	~1-2 min	<u>Swiss Ball Rollout</u>	<u>Long-Lever Plank</u>	Don't just bend at your hips, use your abs to lower yourself down under control and pull yourself back up. If you don't have the core strength to get all the way extended at the bottom, try to progressively increase the ROM week to week.

REST DAY

WEEK 9	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #1	Wide-Grip Lat Pulldown	Lengthened Partials (Extend Set)	2-3	3	10-12					~8-9	~9-10	~2-3 min	Wide-Grip Pull-Up	Wide-Grip Machine Pulldown	Think about pulling your elbows "down" and "in". Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the top half of the ROM. Stop once you have 0-1 half reps left in the tank.
	Flat Smith Machine Bench Press	Lengthened Partials (Extend Set)	2-3	3	10-12					~8-9	~9-10	~3-5 min	Flat DB Bench Press	Barbell Bench Press	1 second pause on the chest on each rep while maintaining tension on the pecs. Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	Single-Leg DB Hip Thrust	N/A	1-2	3	8-10					~7-8	~8-9	~2-3 min	Glute-Ham Raise	Reverse Hyper	Slow 2-3 second negative. Explode with control on the way up. Squeeze your glutes hard at the top of the movement.
	Leg Extension	Lengthened Partials (Extend Set)	1-2	3	8-10					~9	10	~1-2 min	Reverse Nordic	Sissy Squat	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	Meadows Incline DB Lateral Raise	Failure	1	3	12-15					~9	10	~1-2 min	Cuffed Behind-The-Back Lateral Raise	DB Lateral Raise	Lie down on your side on a ~30° bench. Start with the DB in front of you, raise the DB to parallel to the floor and lower the DB behind you, feeling a deep stretch in your delts, then reverse this motion (2 reps have now been completed). No pausing between reps.
	Standing Calf Raise	Weighted Static Hold (30 sec hold in the stretch)	1	4	12-15					~9	10	~1-2 min	Leg Press Calf Press	Seated Calf Raise	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet. For the weighted static hold, after the final rep of the final set, rather than reracking the weight immediately, pause at the very bottom of the ROM (with full tension still on the calves) and maintain this hold for 30 seconds.

WEEK 9	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #2	<u>Seated Leg Curl</u>	Lengthened Partials (Extend Set)	1-2	3	10-12					~8-9	10	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings. Once you hit failure on the final set, continue with lengthened partials in the top half of the ROM, until you can no longer achieve a full half rep.
	<u>Bottom-Half Hack Squat</u>	N/A	2-4	3	8-10					~7-8	~8-9	~3-5 min	<u>Bottom-Half DB Bulgarian Split Squat</u>	<u>High-Bar Back Squat</u>	All reps and sets are to be performed in the bottom half of the ROM. Allow your knees to come forward (past your toes). Focus the tension on your quads.
	<u>Dual-Handle Elbows-Out Cable Row</u>	Lengthened Partials (Extend Set)	2	3	10-12					~8-9	~9-10	~2-3 min	<u>Arm-Out Single-Arm DB Row</u>	<u>Chest-Supported Machine Row</u>	Flare your elbows out ~45°. Smooth, controlled reps. Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Bottom-Half Pec Deck</u>	Failure	2	2	8-10					~8-9	10	~2-3 min	<u>Bottom-Half DB Flye</u>	<u>Bottom-Half Seated Cable Flye</u>	All reps and sets are to be performed in the bottom half of the ROM. Focus on feeling a deep stretch in your pecs at the bottom of each rep.
	<u>Machine Hip Abduction</u>	Failure	1-2	3	10-12					~9	10	~1-2 min	<u>Cable Hip Abduction</u>	<u>Lateral Band Walk</u>	If possible, use pads to increase the range of motion on the machine. Lean forward and grab onto the machine rails to stretch the glutes further.
	<u>Overhead Cable Triceps Extension (Bar)</u>	Dropset	1	2	10-12					~8-9	10	~1-2 min	<u>Overhead Cable Triceps Extension (Rope)</u>	<u>DB Skull Crusher</u>	Feel a nasty stretch on the triceps throughout the entire negative. Pause for 1 second in the stretch part of each rep. Immediately after the final set, drop the weight by ~25% and go to failure again.
REST DAY															

WEEK 9	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #3	Deficit Pendlay Row	Lengthened Partials (Extend Set)	2-3	3	10-12					~8-9	~9-10	~3-4 min	Smith Machine Deficit Row	DB Row	Stand on a bumper plate. Focus on getting a big stretch and touch your stomach/chest on each rep! Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	Bottom-Half Low Incline DB Press	N/A	2-3	3	8-10					~8-9	~9-10	~2-3 min	Bottom-Half Low Incline Smith Machine Press	Bottom-Half Low Incline Barbell Press	All reps and sets are to be performed in the bottom half of the ROM. 1 second pause at the bottom of each rep while maintaining tension on the pecs
	DB Bulgarian Split Squat	Quad Static Stretch (30 sec)	2-3	2	6-8					~8-9	~9-10	~2-3 min	DB Static Lunge	Smith Machine Reverse Lunge	Reps are per leg. Start with your weaker leg. Squat deep. After the final set, perform a quad static stretch for each leg for 30 seconds.
	High-Cable Cuffed Lateral Raise	Lengthened Partials (Extend Set)	1	3	10-12					~9	10	~1-2 min	High-Cable Lateral Raise	DB Lateral Raise	Focus on squeezing your lateral delt to move the weight. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	Bottom-Half Standing Calf Raise	Failure	1	4	12-15					~9	10	~1-2 min	Seated Calf Raise	Donkey Calf Raise	All reps and sets are to be performed in the bottom half of the ROM. 1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
	Cable Rope Hammer Curl	Lengthened Partials (Extend Set)	1	3	10-12					~9	10	~1-2 min	DB Hammer Curl	Straight-Bar Cable Curl	Squeeze the rope hard as you curl the weight up. Smooth, controlled reps. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.

WEEK 9	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #4	DB RDL	N/A	2-3	3	10-12					~6	~6-7	~3-5 min	Barbell RDL	Deadlift	The RPE is intentionally low here because these will cause a lot of muscle damage. Don't be tempted to go too heavy. To keep tension on the hamstrings, stop about 75% of the way to full lockout on each rep (i.e. stay in the bottom 3/4 of the range of motion).
	Belt Squat	N/A	2-4	3	6-8					~7-8	~8-9	~3-5 min	Leg Press	Front Squat	Get as deep as you can without excessive back rounding. Control the negative and do a slight pause at the bottom of each rep.
	1-Arm Lat Pulldown	Integrated Partials (All Sets)	2	3	10-12					~8-9	~9-10	~1-2 min	Neutral-Grip Pull-Up	Neutral-Grip Lat Pulldown	Keep elbow tucked in close to your torso. Focus on squeezing your lat to move the weight. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/top half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps (partial reps count towards the rep count).
	Seated DB Shoulder Press	N/A	2-3	3	8-10					~8-9	~9-10	~2-3 min	Machine Shoulder Press	Seated Smith Machine Shoulder Press	Slightly rotate the dumbbells in on the negative and flare your elbows out as you push.
	Machine Hip Adduction	Failure	1-2	3	10-12					~9	10	~1-2 min	Cable Hip Adduction	Copenhagen Hip Adduction	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	Super-Stretch Reverse Pec Deck	Failure	1	3	12-15					~9	10	~1-2 min	Bent-Over Reverse DB Flye	Cable Reverse Flye	Face side on to the machine and pull your arm across your body to pre-stretch your rear delt. Do reverse flyes 1 arm at a time. Start with your weaker arm.

WEEK 9	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS	Weak Point Exercise 1 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Bottom-Half Machine Preacher Curl</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Bottom-Half EZ-Bar Preacher Curl</u>	<u>Bottom-Half DB Preacher Curl</u>	All reps and sets are to be performed in the bottom half of the ROM. Smooth, controlled reps. Mind-muscle connection with the biceps.
	<u>Triceps Diverging Pressdown (Long Rope or 2 Ropes)</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Triceps Pressdown (Rope)</u>	<u>DB Triceps Kickback</u>	Use two long ropes or one long rope. Lean slightly forward, flare your elbows slightly out and keep your arms back in line with your torso. Then do triceps pressdowns, getting a full, big squeeze at the bottom.
	<u>Inverse DB Zottman Curl</u>	Failure	1	2	12-15					~9	10	~1-2 min	<u>DB Hammer Curl</u>	<u>Reverse-Grip DB Curl</u>	Do a hammer curl on the positive, then turn your palms facing up at the top and use a palms-up grip on the negative.
	<u>Close-Grip Pushup (AMRAP)</u>	Failure	1	2	AMRAP					~9	10	~1-2 min	<u>Diamond Pushup</u>	<u>Bodyweight Dip</u>	As many reps as possible. Keep them controlled! Roughly shoulder-width hand placement. Keep elbows tucked close to your sides. Smooth, controlled reps.
	<u>Ab Wheel Rollout</u>	N/A	1	3	12-15					~9	~9-10	~1-2 min	<u>Swiss Ball Rollout</u>	<u>Long-Lever Plank</u>	Don't just bend at your hips, use your abs to lower yourself down under control and pull yourself back up. If you don't have the core strength to get all the way extended at the bottom, try to progressively increase the ROM week to week.

REST DAY

WEEK 10	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #1	Wide-Grip Lat Pulldown	Lengthened Partials (Extend Set)	2-3	3	10-12					~8-9	~9-10	~2-3 min	Wide-Grip Pull-Up	Wide-Grip Machine Pulldown	Think about pulling your elbows "down" and "in". Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the top half of the ROM. Stop once you have 0-1 half reps left in the tank.
	Flat Smith Machine Bench Press	Lengthened Partials (Extend Set)	2-3	3	10-12					~8-9	~9-10	~3-5 min	Flat DB Bench Press	Barbell Bench Press	1 second pause on the chest on each rep while maintaining tension on the pecs. Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	Single-Leg DB Hip Thrust	N/A	1-2	3	8-10					~7-8	~8-9	~2-3 min	Glute-Ham Raise	Reverse Hyper	Slow 2-3 second negative. Explode with control on the way up. Squeeze your glutes hard at the top of the movement.
	Leg Extension	Lengthened Partials (Extend Set)	1-2	3	8-10					~9	10	~1-2 min	Reverse Nordic	Sissy Squat	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	Meadows Incline DB Lateral Raise	Failure	1	3	12-15					~9	10	~1-2 min	Cuffed Behind-The-Back Lateral Raise	DB Lateral Raise	Lie down on your side on a ~30° bench. Start with the DB in front of you, raise the DB to parallel to the floor and lower the DB behind you, feeling a deep stretch in your delts, then reverse this motion (2 reps have now been completed). No pausing between reps.
	Standing Calf Raise	Weighted Static Hold (30 sec hold in the stretch)	1	4	12-15					~9	10	~1-2 min	Leg Press Calf Press	Seated Calf Raise	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet. For the weighted static hold, after the final rep of the final set, rather than reracking the weight immediately, pause at the very bottom of the ROM (with full tension still on the calves) and maintain this hold for 30 seconds.

WEEK 10	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #2	<u>Seated Leg Curl</u>	Lengthened Partials (Extend Set)	1-2	3	10-12					~8-9	10	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings. Once you hit failure on the final set, continue with lengthened partials in the top half of the ROM, until you can no longer achieve a full half rep.
	<u>Bottom-Half Hack Squat</u>	N/A	2-4	3	8-10					~7-8	~8-9	~3-5 min	<u>Bottom-Half DB Bulgarian Split Squat</u>	<u>High-Bar Back Squat</u>	All reps and sets are to be performed in the bottom half of the ROM. Allow your knees to come forward (past your toes). Focus the tension on your quads.
	<u>Dual-Handle Elbows-Out Cable Row</u>	Lengthened Partials (Extend Set)	2	3	10-12					~8-9	~9-10	~2-3 min	<u>Arm-Out Single-Arm DB Row</u>	<u>Chest-Supported Machine Row</u>	Flare your elbows out ~45°. Smooth, controlled reps. Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Bottom-Half Pec Deck</u>	Failure	2	2	8-10					~8-9	10	~2-3 min	<u>Bottom-Half DB Flye</u>	<u>Bottom-Half Seated Cable Flye</u>	All reps and sets are to be performed in the bottom half of the ROM. Focus on feeling a deep stretch in your pecs at the bottom of each rep.
	<u>Machine Hip Abduction</u>	Failure	1-2	3	10-12					~9	10	~1-2 min	<u>Cable Hip Abduction</u>	<u>Lateral Band Walk</u>	If possible, use pads to increase the range of motion on the machine. Lean forward and grab onto the machine rails to stretch the glutes further.
	<u>Overhead Cable Triceps Extension (Bar)</u>	Dropset	1	2	10-12					~8-9	10	~1-2 min	<u>Overhead Cable Triceps Extension (Rope)</u>	<u>DB Skull Crusher</u>	Feel a nasty stretch on the triceps throughout the entire negative. Pause for 1 second in the stretch part of each rep. Immediately after the final set, drop the weight by ~25% and go to failure again.
REST DAY															

WEEK 10	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #3	Deficit Pendlay Row	Lengthened Partials (Extend Set)	2-3	3	10-12					~8-9	~9-10	~3-4 min	Smith Machine Deficit Row	DB Row	Stand on a bumper plate. Focus on getting a big stretch and touch your stomach/chest on each rep! Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	Bottom-Half Low Incline DB Press	N/A	2-3	3	8-10					~8-9	~9-10	~2-3 min	Bottom-Half Low Incline Smith Machine Press	Bottom-Half Low Incline Barbell Press	All reps and sets are to be performed in the bottom half of the ROM. 1 second pause at the bottom of each rep while maintaining tension on the pecs
	DB Bulgarian Split Squat	Quad Static Stretch (30 sec)	2-3	2	6-8					~8-9	~9-10	~2-3 min	DB Static Lunge	Smith Machine Reverse Lunge	Reps are per leg. Start with your weaker leg. Squat deep. After the final set, perform a quad static stretch for each leg for 30 seconds.
	High-Cable Cuffed Lateral Raise	Lengthened Partials (Extend Set)	1	3	10-12					~9	10	~1-2 min	High-Cable Lateral Raise	DB Lateral Raise	Focus on squeezing your lateral delt to move the weight. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	Bottom-Half Standing Calf Raise	Failure	1	4	12-15					~9	10	~1-2 min	Seated Calf Raise	Donkey Calf Raise	All reps and sets are to be performed in the bottom half of the ROM. 1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
	Cable Rope Hammer Curl	Lengthened Partials (Extend Set)	1	3	10-12					~9	10	~1-2 min	DB Hammer Curl	Straight-Bar Cable Curl	Squeeze the rope hard as you curl the weight up. Smooth, controlled reps. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.

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						SET 1	SET 2	SET 3	SET 4						
FULL BODY #4	DB RDL	N/A	2-3	3	10-12					~6	~6-7	~3-5 min	Barbell RDL	Deadlift	The RPE is intentionally low here because these will cause a lot of muscle damage. Don't be tempted to go too heavy. To keep tension on the hamstrings, stop about 75% of the way to full lockout on each rep (i.e. stay in the bottom 3/4 of the range of motion).
	Belt Squat	N/A	2-4	3	6-8					~7-8	~8-9	~3-5 min	Leg Press	Front Squat	Get as deep as you can without excessive back rounding. Control the negative and do a slight pause at the bottom of each rep.
	1-Arm Lat Pulldown	Integrated Partials (All Sets)	2	3	10-12					~8-9	~9-10	~1-2 min	Neutral-Grip Pull-Up	Neutral-Grip Lat Pulldown	Keep elbow tucked in close to your torso. Focus on squeezing your lat to move the weight. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/top half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps (partial reps count towards the rep count).
	Seated DB Shoulder Press	N/A	2-3	3	8-10					~8-9	~9-10	~2-3 min	Machine Shoulder Press	Seated Smith Machine Shoulder Press	Slightly rotate the dumbbells in on the negative and flare your elbows out as you push.
	Machine Hip Adduction	Failure	1-2	3	10-12					~9	10	~1-2 min	Cable Hip Adduction	Copenhagen Hip Adduction	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	Super-Stretch Reverse Pec Deck	Failure	1	3	12-15					~9	10	~1-2 min	Bent-Over Reverse DB Flye	Cable Reverse Flye	Face side on to the machine and pull your arm across your body to pre-stretch your rear delt. Do reverse flyes 1 arm at a time. Start with your weaker arm.

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						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS	Weak Point Exercise 1 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Bottom-Half Machine Preacher Curl</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Bottom-Half EZ-Bar Preacher Curl</u>	<u>Bottom-Half DB Preacher Curl</u>	All reps and sets are to be performed in the bottom half of the ROM. Smooth, controlled reps. Mind-muscle connection with the biceps.
	<u>Triceps Diverging Pressdown (Long Rope or 2 Ropes)</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Triceps Pressdown (Rope)</u>	<u>DB Triceps Kickback</u>	Use two long ropes or one long rope. Lean slightly forward, flare your elbows slightly out and keep your arms back in line with your torso. Then do triceps pressdowns, getting a full, big squeeze at the bottom.
	<u>Inverse DB Zottman Curl</u>	Failure	1	2	12-15					~9	10	~1-2 min	<u>DB Hammer Curl</u>	<u>Reverse-Grip DB Curl</u>	Do a hammer curl on the positive, then turn your palms facing up at the top and use a palms-up grip on the negative.
	<u>Close-Grip Pushup (AMRAP)</u>	Failure	1	2	AMRAP					~9	10	~1-2 min	<u>Diamond Pushup</u>	<u>Bodyweight Dip</u>	As many reps as possible. Keep them controlled! Roughly shoulder-width hand placement. Keep elbows tucked close to your sides. Smooth, controlled reps.
	<u>Ab Wheel Rollout</u>	N/A	1	3	12-15					~9	~9-10	~1-2 min	<u>Swiss Ball Rollout</u>	<u>Long-Lever Plank</u>	Don't just bend at your hips, use your abs to lower yourself down under control and pull yourself back up. If you don't have the core strength to get all the way extended at the bottom, try to progressively increase the ROM week to week.

REST DAY